

THE AVON TOWN CRIER



COUNCIL ON AGING

65 EAST MAIN STREET, AVON, MA 02322

HOURS: 8:30-4:30 MONDAY-WEDNESDAY

8:30-7:30PM THURSDAY, 8:30-1PM FRIDAY

PHONE: 508-559-0060 FAX: 508-584-9650

WEBPAGE: www.avon-ma.gov/council-aging

EMAIL: coa@avon-ma.gov

Volume 59, Issue 1

January 2024

A Message from the Director

Happy New Year!!!

I cannot believe it's 2024! Hope everyone enjoyed the holidays.

Winter is upon us, the COA has sand buckets available if anyone needs one or if more sand is needed for buckets given out last year, call Cathy Sheldon at the COA, we also have free 911 phones for emergency calls when the landlines don't work.

We are planning a trip to Plainridge Park Casino on Monday January 29th. Call Cathy at the COA for more information.

Our Memory Café monthly programs will start on Wednesday January 31st from 11:30am- 1:30pm, please spread the word to families and caregivers of people suffering with Dementia all are welcome!! Lunch will be provided.

Please stay safe and warm during these winter months, call the Council on Aging if we can help you with anything! If Avon schools are closed no van for COA, If a state of emergency or Town Offices are closed the Council on Aging will be closed.

Jane Carthas

IMPORTANT NUMBERS:

Avon Council on Aging:

Jayne Carthas-Director: 774-480-5351

Louise Hardiman-Outreach:774-480-5352

Cathy Sheldon-Activity Coord. :774-480-5353

Tricia Pepe-Admin. Assist.: 508-559-0060

Avon Town Hall: 508-588-0414

Avon Fire - Non-Emergency: 508-583-5361

Avon Police - Non-Emergency: 508-583-6677

Old Colony Elder Services: 508-584-1561

RUOK?: 866-900-7865

Medicare: 800-633-4227

Mass Health: 800-841-2900

Prescription Advantage: 800-243-4636

Protective Services: 800-922-2275

Social Security: 800-772-1213

Veterans Services: 508-558-0410 x:1018

Exec. Office of Elder Affairs: 617-727-7750

January Birthdays

Paul Chapman

Jean Kopke

Marge Martineau



Sylvia Russell

Granville Walbridge

ANY AVON RESIDENT THAT WOULD LIKE THEIR BIRTHDAY IN THE NEWSLETTER PLEASE CALL THE COA

Senior Tax Work-off 2025

Are you 65 years or older? Come volunteer in your town and receive an abatement on your property taxes.

The Tax Work-Off Program for 2025 property tax abatements is now accepting applications. Call the COA for more information.

Sand for seniors

Last years winter project was very successful. We distributed 40 buckets of sand to seniors to keep them safe. We would like to offer sand refills to any-



one that has a bucket and if you would like a bucket of sand for the winter please call Cathy at 774-480-5353.

Don't miss out on Life.....
Improve your hearing today




- ◆ FREE hearing screening
- ◆ FREE hearing aid cleaning
- ◆ FREE video ear exam

Michael Schmit Lic # 224
Board Certified
Hearing Instrument Specialist



CALL THE COA @ 508-559-0060
TO BOOK AN APPOINTMENT
10:30-12:30am



CodeRED

What is **CodeRED** and what is it used for?

CodeRED® is an emergency notification system that enables local public safety personnel to notify residents and businesses by telephone, text message, email and more of time-sensitive information, emergencies or urgent alerts. Code Red is the official emergency notification of the Town of Avon. The system can reach individuals in minutes to ensure information such as urgent updates, missing persons, inclement weather advisories and more are quickly shared. Only authorized officials have access to send alerts using the CodeRED system.

In certain circumstances or emergencies, a Code Red Alert may be sent out by the Town of Avon, Police or Fire Department, or DPW. Instructions are below on how to sign up for this service. Please share as needed. Residents and Businesses are encouraged to sign up. This is one way information can be shared in an accurate, timely manner, especially important during an active emergency where time is of the essence.

Do you want to be notified if an emergency exists in Avon?

Text "**AVONMA**" to 99411 to enroll in CodeRED public safety alerts.



COA Snow Policy

During the winter months, if Avon Schools are closed, there will be no COA van transportation. When schools re-open, the van will start up again as soon as the schedule allows. The COA office will close if the Town Hall closes or in a State of Emergency.

Please listen to radio station 1460 AM, local TV stations, or Cable Channel 9 for closures and cancellations. We will update the COA voicemail if there is a change for those who wish to call in to check our status. We may also send out an auto message via our call system to active seniors in any town.

JANUARY 2024

***Activities indicated with an asterisk require advanced sign-up.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Year's Day COA and Town Hall will be closed	2 10:30 Coffee w/ Director 12:00 LUNCH 1:00 BINGO	3 9:30 Kohls/Target	4 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH	5 9:15 Walmart or Stop & Shop 10:30 Tap class 10:00 COA Board Meeting
8 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	9 12:00 LUNCH 1:00 BINGO	10 9:00 Nail Care* 10am Restaurant of the month* <u>12-1 Outreach to Fellowship</u>	11 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH "Learn Your Name in Morse Code"	12 9:15 Walmart or Stop & Shop 10:30 Tap class
15 Martin Luther King Day COA and Town Hall will be closed	16 10:00 Holbrook Food Pantry* 12:00 LUNCH 1:00 BINGO	17 9:15 Market Basket 9:30 Coffee with the Veteran's Agent <u>11:30 Avon BC Ecumenical Lunch</u> 1:15 Balance Class	18 10:30 Chair Yoga @ Fellowship Cir. 10:30-11:30 Blood Pressure Clinic 12:00 LUNCH 1pm Crafts*	19 9:15 Walmart or Stop & Shop 10:30 Tap class
22 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	23 12:00 LUNCH 1:00 BINGO	24 9:30 Kohls/Target 1:15 Balance Class	25 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH 5:00 GAME NIGHT*	26 9:15 Walmart or Stop & Shop 10:30 Tap class
29 9:15 Market Basket 10:30 Plainridge Casino 10:30 Line Dancing 12:30 CARDS	30 12:00 LUNCH 1:00 BINGO	31 9:30 Kohls/Target 11:30-1:30pm Memory Cafe 1:15 Balance Class		

Chair Yoga Every Thursday @ 10:30 @ Fellowship Community Room

This gentle yoga class uses the chair as well as props, (small weights. Balls, straps, and blocks) and your wisdom to stay focused. You can improve balance and bring confidence back into your well being. Cost of 4.00 is well worth your time and effort.

I look forward to spending the class with like-minded individuals who wish to enhance the quality of their lives. Mary Ryan, certified Kripalu Yoga Teacher

1/10 – Restaurant this month we will be going out for breakfast. We'll be going to Yaz's Table at 1209 Bedford St in Abington at 10am. Please sign up or call Cathy.

1/10 Nail Care with Maureen Connolly RN—Call the COA to make an appointment.

Nail trimming is done by a certified foot care nurse at the COA and is **\$35**. Home visits are **\$50**.

TUESDAY 1/16 Holbrook Food Pantry 10:30 Apt. - Must take COA van

The Holbrook food pantry has invited Avon seniors to take part in their free food pantry once a month. The limit will be 3 bags of non-perishable, fresh produce, meat, and dairy items. Please call the COA by Thursday 1/11 if interested. **We have a 10 person maximum and it is on a first come first serve basis.** Van leaves COA promptly at 10am. As a result of this trip Market Basket will be on Wednesday 1/17.

1/17 (WEDNESDAY) Monthly Coffee with the Veterans Service Officer at the COA @ 9:30AM Veterans of all ages and their family members are welcome to attend.

1/17 Avon Baptist Church Ecumenical Lunch Wednesday @ 11:30

The luncheons are open to any senior in Avon and surrounding communities. They start with an informal worship (hymns, light message, announcements of interest) and at 12 p.m. a lunch is served. A goodwill offering basket is put out to help defray the cost of the luncheons.

The COA van is available, call to reserve a ride by 12 the day before.

Jan 17, 24, Feb 7, 14, 21, 28 \$42 For 6 classes- Dynamic Posture SIGN UP IN ADVANCE

Six-week program designed to regain movement integrity. The focus will be on dynamic posture. This will help with balance, stability, strength, and confidence. Once we regain our movement integrity we can expand our circle of activities.

1/18 Crafts @ 1pm Come join us for a fun craft every month! PLEASE CALL TO SIGN UP SPACE IS LIMITED.

1/25 - COA GAME NIGHT with Kevin Richman, 5-6:30 FREE FUN!!!!

A very entertaining night of games with lots of audience participation. Put your thinking caps on and come on down to the COA! We would like to get a count of participants so please sign up for this event.

1/29 – We will be taking a trip to Plainridge Park Casino, transportation will be \$10. We will leave at 10:30 and return by 3. Please sign up at the COA or call Cathy at 774-480-5353.

1/31 Memory Café 11:30-1:30pm @ the Council on Aging SEE PAGE 7 FOR INFORMATION

JANUARY LUNCH MENU

LUNCH IS SERVED AT 12PM DONATION IS \$5.00

****PLEASE PLAN TO BE SEATED BY 11:45****

PLEASE NOTE THIS MENU IS SUBJECT TO CHANGE AND

ALL LUNCHES WILL HAVE A SNACK OR SALAD BEFORE LUNCH IS SERVED

Tuesday 1/2

BLT Wraps, chips, pickle

Thursday 1/4

Chicken Primavera, rice pilaf

Tuesday 1/9

Turkey Gobbler, cranberry sauce

Thursday 1/11

Shepherds Pie, biscuit

Tuesday 1/16

Fish Tacos, coleslaw

Thursday 1/18

Lazy Man's stuffed shells, salad

Tuesday 1/23

Meatball subs, side salad

Thursday 1/25

Turkey Chili, cornbread

Tuesday 1/30 BIRTHDAY LUNCH

Pizza, salad, cake & ice cream (Pizza sponsored by CAREONE- Randolph)

The Avon Council on Aging is pleased to announce its new Memory Café starting January 31, 2024.

What is a Memory Café? A Memory Café' is a social gathering and a welcoming place for people dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating. A Memory Café is a place where all people can socialize, listen to music, share a meal, enjoy a fun activity and make new friends in an accepting environment. A Memory Café' is a place for caregivers to do something fun with their loved ones. It is a place to enjoy other people's company, and to explore something new without feeling embarrassed or misunderstood.

What will the Avon Memory Café be like? The Avon Memory Café is a free, relaxed, and welcoming place for people experiencing memory loss and their care partners. No formal diagnosis is required, and the only label you will receive is a nametag with your first name. The Avon Memory Café will offer a lunch, fun, music and other activities on the last Wednesday of the month from 11:30 AM – 1:30 PM. In short, the Avon Memory Café is like a party where everyone is welcome just as they are. Everyone will leave feeling less alone and more relaxed. Registration is not required, but it is appreciated. Providing a contact email or phone number in advance will allow us to alert you if there are changes or cancellations due to the weather. Please also let us know about any food allergies. Contact Louise Hardiman at 774-480-5352 or lhardiman@avon-ma.gov with any questions or to register. If you are experiencing memory changes or caring for someone with memory loss, we encourage you to attend and give it a try.

Tout moun yo akeyi! Todos son bienvenidos! ALL ARE WELCOME!

The Avon Memory Café is funded with a grant from the Massachusetts Association of Council on Aging and Senior Center Directors, Inc.

**COA VAN SCHEDULE HOURS: 8:45 A.M. – 2:15 P.M.
NO MEDICAL APPOINTMENTS AFTER 12PM OR ON FRIDAYS**

BOOK MEDICAL APTS. A MINIMUM OF 48 hours in advance

OTHER VAN RIDES MUST BE BOOKED THE DAY BEFORE YOUR RIDE BY 12pm

NO CHARGE FOR VAN 1/1-3/31/2024

MARKET BASKET, Brockton	Monday	9:15 pick-up
Lunch & BINGO at Avon COA	Tuesday	10:30 – 11:00 pick-up
ROCHE BROS, DOLLAR TREE IN EASTON KOHL'S AND TARGET IN STOUGHTON	Wednesday	9:15 pick-up
Lunch at Avon COA	Thursday	10:30 – 11:00 pick-up
WALMART, DOLLAR TREE, STOP & SHOP BROCKTON	Friday <u>No Medical Appts.</u> (day ends @ 1pm)	9:15 pick-up

Avon COA Van is available to assist Avon seniors and disabled people with transportation to local medical appointments, social events, shopping, haircuts, banking, post office, voting or Town Hall appointments throughout the week. **If there is another store you want to go to call the COA and ask for Tricia.** The van transports to Avon, Randolph, Holbrook, Brockton, Easton, Whitman, Abington.

BAT Van (New Freedom Program) and other forms of transportation are always available as well, especially for times when the van is committed to the standing schedule. Only travels to Avon, Brockton and some areas of Stoughton. Call the COA for more information.



Old Colony Elder Services
Providing services to the community since 1974

144 Main St., Brockton, MA 508-584-1561



CAREONE
TRUST IN OUR CARE —

Randolph Site - 781-961-1160

*Printing, distribution and/or production of the Avon COA newsletter and COA news flyers supported in part by the Executive Office of Elder Affairs. Director - Jane Carthas, Co-Chair - Karen Johnson, Co-Chair Nancy Puckett, Secretary - Linda Chute, Treasurer - Jean Kopke
Members - Joanne Grenham,, Ed Selman, Deborah Greene*